

# Group Ex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>POWERPUMP</b> 6:30-7:15am w/ Laura B.</p> <p><b>YOGA</b> 8:30-9:15am w/ Kara</p> <p><b>BARRE</b> 9:30-10:15am w/ Abbey</p> <p><b>FIT OVER 50</b> 10:30-11:15am w/ Beth</p> <p><b>STRETCH</b> 11:15am-12:00pm w/ Jess</p> <p><b>SPIN</b> 5:15-6:00pm w/ Diana</p>	<p><b>SPIN</b> 5:00-5:45am w/ Diana</p> <p><b>OPTIMAL GRIND</b> 6:00-7:00am w/ Eric</p> <p><b>POWERPUMP</b> 6:30-7:15am w/ Jannie</p> <p><b>BARRE</b> 9:15-10:00am w/ Jenna</p> <p><b>TAI-CHI</b> 10:15-11:30am w/ Nathan</p> <p><b>SPINFIT</b> 4:30-5:15pm w/ Laura B.</p>	<p><b>SPINFIT</b> 6:30-7:15am w/ Laura B.</p> <p><b>CARDIO + CORE</b> 8:15-9:00am w/ Laura B.</p> <p><b>SCULPT + TONE</b> 9:15-10:00am w/ Jess</p> <p><b>FIT OVER 50</b> 10:30am-11:15am w/ Beth</p> <p><b>MAX BURN</b> 5:00-6:00pm w/ Megan S.</p>	<p><b>SPIN</b> 5:00-5:45am w/ Adele</p> <p><b>OPTIMAL GRIND</b> 6:00-7:00am w/ Eric</p> <p><b>POWERPUMP</b> 6:30-7:15am w/ Jannie</p> <p><b>BARRE</b> 9:15-10:00am w/ Abbey</p> <p><b>TAI-CHI</b> 10:15-11:30am w/ Nathan</p> <p><b>BARRE</b> 5:00-6:00pm w/ Jess</p> <p><b>YOGA</b> 6:00-6:45pm w/ Laura S.</p>	<p><b>GET FIT</b> 6:30-7:15am w/ Jenna</p> <p><b>YOGA</b> 8:30-9:15am w/ Kara</p> <p><b>ZUMBA</b> 9:30-10:15am w/ Jenn B</p> <p><b>MAT PILATES</b> 10:30-11:15am w/ Abbey</p> <p><b>STRETCH</b> 11:15am-12:00pm w/ Jess</p>	<p><b>SPIN</b> 8:00-8:45am <i>See Mindbody for scheduled instructor.</i></p> <p><b>GET FIT</b> 9:00-9:45am w/ Megan S.</p>
					SUNDAY